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Survei Kekhawatiran Milenial Tentang Masa Depan Mereka di Era Digital

(A Survey on Millennial Worries about Their Future in Digital Era)

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Abstract: *The purpose of this study is to analyze: (1) how the level of adolescent anxiety about the future in the digital era; (2) how teenagers think about what they are doing now and their future; (3) how are the factors that influence adolescent anxiety and to find the best solution to overcome this so that they can better face the future they will go through. The object of this research is the students of SMK/Sma/Man/Mak and students, the number of participants involved is . The data in this study are the results of online questionnaires, this research method uses mixed research methods by combining survey methods and quantitative methods, with a focus on data collection and data analysis. The research instrument in the form of a list of questions that we made through google form to obtain data on adolescent anxiety about the future in the digital era. The results of our research can show that there are still many students and students who still experience anxiety, anxiety, and depression in dealing with anxiety about the future in the current digital era and hopefully this research can reduce anxiety in students or college students.*

Keywords: *Millennial, Worries, Future.*

INTRODUCTION

Teenagers' anxiety can still be encountered in today's millennial era, both starting from learning and how they face the future. Because they are still in their development stage, many teenagers are worried about all this, and that is a natural thing. Because According to Hurlock (2015) developmental psychologist, adolescence lasts from the age of 13-17 years and the end of adolescence starts from the age of 16 or 17 years to 18 years, which is all legally mature. Thus the end of adolescence is a very short period.

Previous studies related to this title include those conducted by Tumanggor (2018) which mentions being divided into the first few parts, how valuable things are about career planning using websites and guidance teachers must understand and know about this and a counselors who are in schools can collaborate with career websites in today's digital era. Second, according to Anggraeni (2021) found that in 2020 learning anxiety in students while studying has decreased and it is hoped that for the next year there will be no more students experiencing anxiety disorders while studying. And this is where the function of school counselors is to deal with students who have problems while studying. Third, Awaliyah (2019)

which states that the ability to manage students' anger is generally in the moderate category, and in the statement above it is known that students are now starting to be able to control their anger even though sometimes aggressiveness appears in them or is still in an unstable state. And after being researched with this sociodrama technique, it is very effective in controlling students' anger so it doesn't get out of control. Fourth, loneliness and anxiety of a person influence them to seek which counseling he will go to and which will help him to be able to continue his life whether working, socializing with the community, earning a living either for himself or his family and studying for a student or students and for students or university students, don't let this happen for fear that it will interfere with their studies (Maba, 2019). Fifth, according to People who have self-confidence will not experience anxiety in everything and every action, they can feel free to do things they like and can be responsible for their actions, warm and polite in their actions. socialize with society or other people, and can accept and respect the decisions of others, have the drive to excel in everything and can recognize their strengths and weaknesses (Chandra et al., 2019).

Then there are still previous studies related to this title, which were among others conducted by Zaroh (2018) who found that a student still cannot do anything in the future because he still does not know what his talent is, for this problem students are expected to take several types of extracurricular activities to improve their skills and in this study the experimental group was better than the experimental control group.

We can know that adolescence is a time when someone wants to know something more complex where they try something so that it fits the person's personality. Adolescence is a period of puberty where a child develops into a more mature and develops their critical thoughts. A child who is developing or going through puberty will think more starting from thinking about love or about the future that will make them in the future?, how their life is after they haven't got a job?, or thinking about how no school or university accepts them. they?.

Around where we live, there are many teenagers, most of whom are confused when asked about their future in the digital era like now, causing anxiety. Because we already know that the world is getting more advanced with its technology which is mostly digital based.

In previous studies, there were many writings that touched on teenagers, starting from how to face challenges in the millennial era, mental disorders in adolescents and future orientation in adolescents. In this study, we discuss how teenagers deal with their future anxiety in today's digital era. The purpose of this study is that we can find out to what level teenagers can endure this anxiety? And how far can they face it?

METHODS

This study used an online questionnaire which was distributed to all students and university students randomly, involving 84 of the students and students involved in filling out the questionnaire. The research design is to fill out a questionnaire by giving several questions and several answer choices and, then fill it out according to the personal experience of the filler, and we can compare each question and some of the answers that we have given to find out the anxiety in students or university students.

From the experiment in filling out the questionnaire, involving 48 students, there were 87.5% university students and 12.5% students. The research procedure with an anxiety scale on students and university students, the results of the validity of the 10-item survey instrument of millennial teenagers' concerns about the future in the digital era, here are some questions about the extent of their worries "Do you often think about how you face the future as a student or university students?", "Do you often experience confusion or anxiety when thinking about the future?", "Have you ever experienced anxiety in dealing with this?", "If you experience anxiety about the future, have you ever vented it into negative actions? , "Have you ever thought that what you are doing is right for the future?", "Have you ever had difficulty in dealing with things like this?", "Do you feel pressured in facing this adolescence?", "What is the most difficult time have you ever faced as a student or university student in your daily life?", "Is out do you support what you are doing now?", "Do you agree about social media that social media makes a person depressed?". Based on the results of the questions above, there are still many students or university students who experience anxiety about this both in thinking about the future, good, social or family environment, and how they deal with this, meaning that this instrument is able to produce scores or answers consistently. according to what they experienced. The results of this test use a goggle form that is distributed randomly to students and university students.

RESEARCH RESULTS AND DISCUSSION

Research Findings

There are so many psychologists who have different opinions about the theory of development, starting from what age they develop into teenagers and adults. One of them, according to Santrock (2017), early adolescence begins at the age of 10-12 years, and ends at the age of 21-22 years. A child will think about his future starting from the age of 12-18 years at which age they are required to choose between a romantic relationship due to puberty or study seriously and diligently to be accepted at the dream school?. Likewise with a child when he is considered the final adult of all adolescence, namely at the age of 18-35 years. At this age, they can think more complexly and critically to face their future, starting from thinking about continuing their higher education, getting a job, and continuing their life with someone they love.

Human development is something complex, as well as when explaining personality is like a puzzle, because according to them, to explain personality, various theories must be used to be able to explain it completely and thoroughly (Jusuf, 2018). Adolescence is a very important period for human life because it is a period of transition or transition from children to adults.

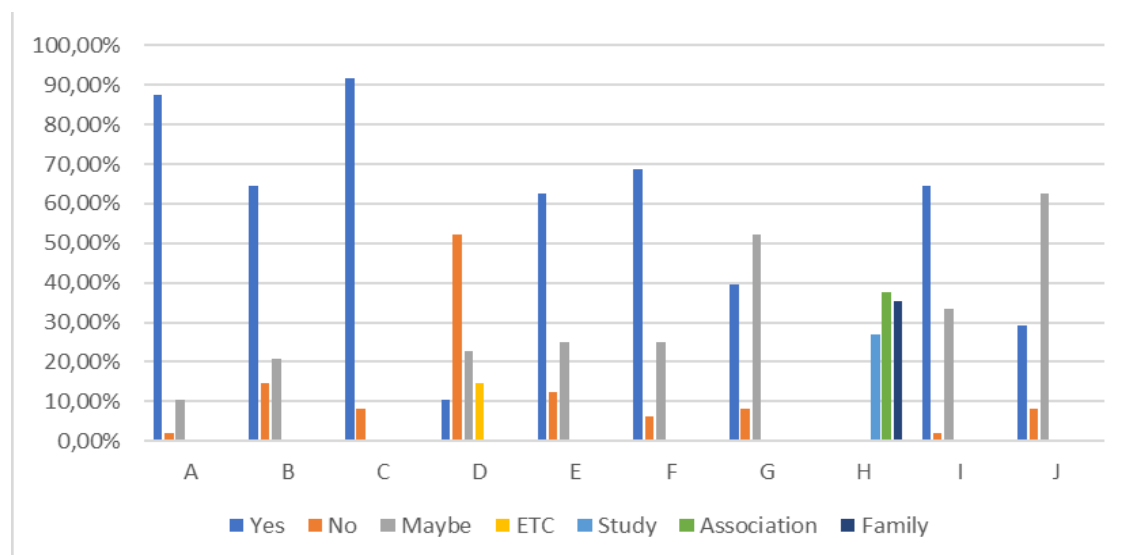
Then, we conducted research on adolescent anxiety about their future in the digital age. The results of the research we obtained from the survey are that there are still many millennial teenagers who are confused or anxious when asked about their future in a more advanced digital era and almost all millennials have experienced anxiety when they think about it. Not even a few millennials are depressed because they think about what their future will be in the current digital era. Only some of them are able to take advantage of technological advances properly so that they have the skills that will be needed in the future. While some others are busy using technology such as gadgets to play games, watch something they like or make them laugh, and pay attention to the latest news via social media.

The more mature a person thinks about what path he has made before, if we flashback in this case have we ever thought about when we were teenagers, did we ever vent our anxiety and anxieties on negative things?.

Meanwhile, teenagers also must have experienced the most difficult times in their lives. About 37.5% of teenagers, the most difficult period is in the association. As we know that many problems can be called social problems. For example, not getting along with some friends because it is difficult to get along or maybe because the nature of friends makes you uncomfortable. So that it will have an impact on their thoughts about the future in the digital era which requires them to have many connections or friends to facilitate their work or business. While 35.4% of adolescents, the most difficult period they have ever faced is in the home or family environment. In a family or home environment, it is clear that everyone, including teenagers, must have experienced it. Whether it's in the form of economic problems or problems of the nature and attitude of the family members themselves. When there is a problem in the family, teenagers will tend to be confused to help solve the problem and most choose to leave the house or stay silent. So they also tend to be confused when thinking about their future in the digital era like now which requires people who are good at solving problems. And the remaining 27.1% are teenagers, the hardest time is learning, it can be about the difficulty of them getting an understanding of the material they are learning or the feeling of laziness they experience while studying. When they do not understand the material, most teenagers become less enthusiastic about learning and tend to choose to do things they like. And over time it will cause a sense of laziness to learn and lazy to ask people around him about problems in learning. So that all of this will result in limited knowledge possessed by teenagers. In fact, if their knowledge is large and wide, it will be very useful for their lives in the future, both in this world and in the hereafter.

The task of a teenager today is to find his identity and while developing his personality in order to understand how the future is and to achieve a more planned future, the development of Identity: their role, and where they are going in this world. And adolescents are faced with many new roles and adult statuses, both in terms of work and love (National Academies of Sciences, Engineering, 2019). It can be explained that teenagers over time will develop by themselves, their identity will be formed and attached to them whether they realize it or not. Teenagers know their roles in general but many are confused about how to play these roles properly. For example, a high school student who has one younger sister who is still in elementary school, understands that she must be a role model for her younger sister. But in fact he often scolds his younger brother for making mistakes, he should have advised him with gentle words to be easily accepted by his younger sister and needs to learn a lot. Likewise with students whose main task is to study but it is possible for them to earn rupiah. By trading online, working part time, opening your own business, and so on. Maybe it's all in the minds of every student but only a small part of them are able to do it and can even succeed beyond what he expected.

The results of the recapitulation of the level categorization on student anxiety about the future in the current digital era, all students and university students in 2020/2021 were used as samples for this study. And we present a bar chart of the results of our research.

Tabel 1. Questionnaire

Note:

A: do you often think about how you face the future as a student or college student

B: Do you often experience confusion or anxiety when thinking about the future?

C: Have you ever experienced anxiety in dealing with this?

D: If you experience anxiety in facing your future, have you ever vented it into negative actions?

E: Have you ever thought that what you are doing is right for the future?

F: Have you ever had difficulty dealing with something like this?

G: do you feel pressured in the face of this youth?

H: What is the most difficult time you have ever faced as a student or university student in your daily life?

I: does your family support what you are doing now?

J: Do you agree with social media that social media makes someone easily depressed?

We can know from 48 students, whether they are students or university students when asked about "Do you often think about how you face your future as a student or university student?" they are still thinking about how to face an unpredictable future and with answers, about 87.5% of them answered YES, and 2.1% answered NO, and 10.4% answered MAYBE.

The ability of a teenager in the study to deal with a teenager's anxiety was measured from several aspects, by asking random questions and distributing them to students and university students. With this we can find out the extent of their anxiety and what they do when they feel anxious and restless.

Based on the aspects measured, this is uncertain because only a few questions have been asked, and can be seen in the table we have provided. Based on a survey of anxiety among millennial teenagers in the current digital era.

And we have asked a question about "Have you ever experienced anxiety in dealing with this problem? And we got the most 'YES' answers, so we can say that out of 91.7% had experienced anxiety and got no answers as much as "8.3%". From 100 percent, almost half of them answered 'NO' so it can be concluded that there are a lot of teenagers who think about their anxiety in the future.

And move on to the next question after we describe the explanation above, how do they deal with adolescence, have they ever vented it into negative actions? And we get results that only 10,4% YES, 52,1% NO, MAYBE 22,9%, ETC get 14,6%. Here they vent it in their own way such as dancing, eating favorite foods, sharing, watching movie. We can know that if a teenager does or vents their anxiety on negative things, it cannot be separated and is not far from association or friendship such as their playground, while negative group or peer relationships will cause behavioral problems and moral development.

The character of a person or peer is also very influential in our lives, because the character of someone who is made a friend will also greatly affect the development of adolescents. Positive adolescent group relationships will result in academic achievement and involvement in school activities. Aspects of cognitive development can be seen from the close perspective of constructivist (Ruhaena & Ambarwati, 2015). It can also be seen that the association or friendship of teenagers is very influential in their daily lives, as the hadith of our prophet, the Prophet Muhammad Shalallahu 'Alaihi Wassalam reminded in Hadith "The example of a good friend and a bad friend is like a perfume seller and a blacksmith. The perfume

seller may give you perfume or you can buy perfume from him. As for the blacksmith, it could be (sparks) on your clothes or if you don't, you still get a bad smell of smoke." (al-'Abbaad, 2019)

And there are many more that we can examine in the table above, with this research we can find out which level of adolescent anxiety is and we can examine this to find out what solutions to those who are facing this.

And this is still a mystery for all of them who are running their teenage years, how to deal with it, how to go through all of this from time to time, there are lots of questions related to teenagers' anxiety about their future and we have presented them in table 1, such as "Have you ever thought that what you are doing is right for the future?" from the questions we have asked, we can see that, ever thinking about what he is doing right now getting 62.5%, and never thinking that what he is doing is right getting 12.5%, and the last option is to hesitate get 25%. Here we can know that being hesitant to get a number greater than the choice is never thought of, from the results of these answers we know that teenagers still don't think positively about what they are doing, what is their goal or not?

Lots of thoughts like this occur in the minds of teenagers, and they will realize and know that if they do negative things, negative things will also reciprocate to themselves and vice versa when we do positive things there will be reciprocity. also to ourselves a positive reply. Adolescence is a period where someone needs encouragement from parents or someone he trusts, when they get positive encouragement then he will do positive things and vice versa if he gets negative encouragement then he will do negative things. It's easy for teenagers to need encouragement and needs because they will hear and do when someone gives an opinion that they think is reasonable and logically true and positive. Every teenager or every person will be motivated and continue to grow when he gets praise from someone, and we can know there is no such thing as decreased drive because the majority of psychologists conclude that the theory of decreased drive does not provide a comprehensive frame of mind to understand motivation because it often behaves in a negative way. ways that increase rather than decrease drive. We do a lot of work for stress-inducing (not de-escalating) theory—for example, taking challenging classes at school, raising a family, and taking on a difficult job (King, 2016).

As quoted from previous journals, it can be seen that "Career decision making is strongly related to self-efficacy. According to Bandura (2012) self-efficacy is defined as one's assessment of his abilities to plan and carry out actions that lead to a particular goal." And from the theory that has been mentioned that the decision for the future or the future and will be a very important thing.

From the table above, we also ask the question "Have you ever had difficulty dealing with something like this?" and we got quite a lot of 'YES' answers, namely 68.8%, with the 'NO' option getting 6.2%, with the 'MAYBE' choice getting 25%.

We can know that difficulties in facing the future can be considered difficult because if we step on the wrong path it may be even more complicated to fix it. As a quote from the previous journal (Akhsania et al., 2021). In other words, self-efficacy is a self-assessment regarding competencies used to accomplish specific tasks. Career decision making belief or career self-efficacy is considered as a determinant factor which affects career decision making processes.

It can be seen that the results of our research on anxiety about facing the future have been presented in tabular form and we have explained above. It's not just anxiety when we think about the future that we think about, not just thinking about their own future but there are things that we will not forget, namely 'family'. The family is very important in deciding this even though we are the ones who run it but the family still has decision making in this matter.

We have also asked questions about this, such as “Does your family support what you are doing now?” and we get a good response from university students and students, namely, with supportive families with the answer 'YES' as much as 64.6%, and with the answer 'MAYBE' getting 33.3%, and the last option 'NO' getting as much as 2, 1%.

In addition, support from the family is also very influential on the development of adolescents to be able to move forward well. Families must always continue to support the positive things teenagers do and not prevent them from innovating and being creative in their talents. What is needed is that the family must pay attention to whether what they are doing is right or wrong or not in accordance with religious teachings and applicable laws and provide suggestions and criticisms regarding the talents they are honing or the results of their innovations or creations. Families must prohibit and prevent teenagers from doing things that are unlawful and against the law. Because if the family does not try to prohibit and hinder it, teenagers may fall into crime or other negative things that can destroy the future of teenagers.

From the explanation above about families who participate in decision making, this is also important for deciding the future because they know what good things we can take and learn.

Disscussion

We have observed the explanation above that there are still many students and university students feeling anxious about the future that they will experience and feel. If adults say 'don't think too much about it' this may seem like a light word to them, but they don't think about how the impact on teens will be.

Here are ways to know how to help yourself to manage anxiety? The usual and natural response to anxiety is to prevent the triggers of his fear. Take action anything at first will make you more anxious in thing can cause difficulties, but face how Anxiety shapes your feelings can be

the first step in breaking the circle of fear and insecurity. If you are experiencing anxiety or panic attacks there are many things you can do to help yourself You are on your own in dealing with these problems, including:

Talk to someone you trust: Talking to someone you trust about the things that make you anxious can help relieve anxiety. You'll find that they face similar problems and are willing to talk to you about them. Maybe having someone listen to you and show they care can be a help in itself. “Telling someone else helps relieve some of the pressure [on yourself].”

Try breathing exercises: Breathing exercises can help you manage anxiety and make you feel calmer. “Breathing… always remember the breath. Take the time to breathe. It's the simplest thing, but it's forgotten in a panic attack."

Try to distract yourself: You may find that distracting or distracting yourself can help. Look at a flower, a picture frame, or something you find interesting or reassuring. Pay close attention to detail, color, and how it smells or sounds. “I have toys like puzzles, rubber balls, rubik's cubes, etc., to keep my hands busy, …and my mind is busy.”

Listening to music: Listening to music that soothes your feelings or that you enjoy can help you feel calmer. “I created a playlist [on a music device] specifically for fast-paced music… I put on my headphones, lay in bed and closed my eyes – completely immersed in the music.”

Try to reassure yourself: It will help you to tell yourself that the symptoms you are experiencing are harmless, and will surely pass. This can soothe your feelings and reduce your fear of future attacks. And think that everything in the future has already been arranged. Our job is just to do our best at this moment because it will greatly affect the future.

Exercising: You may find that exercise can help you manage anxiety and panic attacks. Going for a walk or a run can help you to take some time for yourself to rethink things. It is also useful to keep away from the stress of everyday life. And can keep you away from the act of venting anxiety into negative things that can harm yourself and others. “I find that going for a walk has a tremendous effect on me, even if it's not far away. I walk around the park and eat lunch outside.”

Keep a diary: Keep a diary to keep a record of what happened each time your anxiety or panic attack occurred, which can make you pay attention to what triggers caused it, so that you can think about how to manage such situations in time. which will come. You can try keeping a log of any time you have managed to manage your anxiety. This may help you feel more in control of your anxiety. “I keep a photo from day to day (photos diary) of everything I can manage. It made me think “I can do it.” So when I go and sit in a cafe or go for a walk, I take pictures and I look back when I'm scared… it encourages me that I can do something [again] if I managed to do it before.”

Eat healthy food: You'll find that it's easier to relax if you avoid stimulants like coffee, cigarettes, or alcohol. Some people also find that eating a healthy diet helps you to manage anxiety better because your mind will be much fresher than before, giving you the feeling to think clearly and carefully. "Now I use a natural approach to controlling my panic and anxiety, including meditation, exercise, breathing exercises, trying to think calmly and eating healthy and not too much... also not drinking alcohol. A lot of people think [drinking] will help relieve anxiety, but it actually makes things worse in the long run."

Increase sunnah prayers and dhikr: When you feel anxious because you think about something whatever it is that makes you feel like you don't know if you can face it or get past it. It would be better if you do the sunnah prayers, for example: duha prayer in the morning, tahajjud prayer in the middle of the night, nurse prayers, and others. If you do this, it will make you calmer in dealing with every problem and always involve God in making decisions or completing affairs. And try to always even daily dhikr to Allah so that you can be more patient in the face of trials and anxieties experienced. For example, praying 100 times a day can prevent you from doing negative things and make it easier for you to think so that you can distinguish between right and wrong. Abū Bakr al-Jazā'iri, an expert in the interpretation of the Qur'an, explains:

that peace of mind will not be achieved if you only think about the delicacy of the world, but eternal peace when humans make remembrance of their Lord. This confirms that self-transcendence cannot be achieved without a connection between man and God. However, the connection between man and God must be complemented by the connection between man and his fellow human beings and nature. This is called the connection (connection). Sayyid Quthub, a thinker and leader of the Islamic movement,

explained that humans will feel peace when connected with Allah (bi al-shillah bi Allāh). The relationship can provide a sense of security from fear, calm from anxiety, and a sense of freedom. But serenity must be obtained through the struggle to connect with God in both good and bad circumstances. Humans must understand the wisdom behind the beginning of human creation and the place of human return. Man must be content with the trials He gives, and be patient with trials. Such people will be calm because they receive grace and guidance from Allah and Allah will make them happy in this world and the hereafter.

Support group: A support group can provide you with an opportunity to share common experiences and methods for dealing with them with people who face similar challenges. It is reassuring to know that you are not alone. Human existence is very dependent on social support so that they feel safe, meaningful, have power, and have control. Traumatization occurs when internal and external forces are unable to cope with an external threat. Emotional maturity plays an important role in dealing with external dangers and threats. The existence of concern for people around him has an effect on psychology. On the other hand, the absence of

caring people can lead to aversive behavior and psychological disorganization. When the individual is not able to face the problem, then the social support factor and the people around him who can be trusted will help him so that he is able to overcome the problem.

With there are ways to know how to help yourself to manage anxiety, hopefully it can help all university students and students, so they can make peace with themselves in the future easily.

With this, I also hope for future research so that it can cover more of both students and students who become the object of further research, and can be reproduced and developed again what methods should be used in the future.

CONCLUSION

The findings of this study obtained a variety of data showing that many students often think and worry about how to face the future, are restless when thinking about the future, and most do not choose to vent their anxiety into negative things. Early adolescence begins at the age of 10-12 years, and ends at the age of 21-22 years. Teenagers are the next generation of the nation who will determine the fate of their family, religion, country, and themselves. Thinking clearly with logic is needed by teenagers to open their minds in everything to be brave in making decisions or doing something. In addition, giving teenagers about religion is very important because it will make them always think that everything in this life has been arranged and we as humans just have to keep trying to do the best and surrender to God for the results later and continue to do the things that are right for us. commanded by Allah and as much as possible away from things that He forbids. As teenagers we must be aware of ourselves about the nature and attitudes that we usually do in everyday life. Then, assess whether it is appropriate to apply in a condition or not and whether we can control ourselves if around us there are many people or friends who invite bad actions and bad thoughts. If we can't control ourselves when these conditions are better we stay away from it and look for friends who are pious or more inviting to goodness so that our minds will always be surrounded by a sense of good thought and positive thoughts about everything including our future in an all-digital era as it is now. Anxiety about the future in the digital era can be prevented by talking to trusted or experienced people, controlling your breath, turning your attention or thoughts to positive things, listening to music, reassuring yourself, exercising, keeping and keeping a diary, eating healthy foods. healthy, and multiply prayers and dhikr as well as support from those closest to or around him. With the awareness of adolescents to overcome the anxiety they face or eliminate their anxiety, it will make them bolder in doing something so that they gain experience even when they fail and can make them more focused on other things that are more important to do now because the future is the future. Besides being God's destiny, it is also related to what we do in the present. We can worry about the future but we can also not think about it because it is an uncertain thing.

Meanwhile, the present moment is something that is in front of our eyes that really determines what we are in the present and also what the future will be like. And a little message for teenagers is to continue to do good, think good, say good even though not many people know it, only Allah knows it because it is the best. Keep running after your dream until your friend's insults and advice turn into applause. Make the most of today and do better the next day. For the next research related to adolescent anxiety facing the future in the digital era, it is hoped that they will pay more attention to every question given to the informants in order to get answers that will be very useful in making journals and using language that is interesting and easy to understand by readers so that teenagers or other people adults will be interested to read it.

With research showing that bilingual teaching provides important inputs that can help student achievement and competence in content subjects. However, a concrete model for DLI needs to be applied in order for students to achieve academic achievement and language skills. The simultaneous use of both languages will certainly enable learners to bridge the gap between content and expression. This is not to say that DLI is a panacea for all the challenges plaguing Tanzania's education system today. Nevertheless, it is a useful teaching method that can be formalized and used, as it has been shown to be of benefit to the participants of this study.

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